14

Wallsite, 1651.

A new

ALMANACK

and Prognostication for the yeare of our Lord Christ,

1651.

And from the Worlds Creation 5600.

Being the third after the Bissextile or Leape-yeare.

Wherein is contained varietie of matter worth the observation.

Calculated for the Meridian of the most Honourable City of London, and will serve generally for Great BRITAINE.

By JOHN WHITE, Wel-willer to the *Mathematicks*.

LONDON,

Printed by F. K. for the Company of STATIONERS 1651.

The common Notes and moveable Feasts

For this yeare 1651.		For the next. 1652.
18		19
8	The Cicle of the Sun	9
18	The Epact	29
E		D.C.
Febru. 9	The Dominicall Letters	February 28
March 30	Shrove Sunday	April 18
May 4	Easter Day	May 23
May 8	Rogation Sunday	May 27
May 18	Ascention Day	June 6
Novem. 30	White Sunday	Novemb. 28
	Advent Sunday	

Physicall Elections.

Take	Vomits	The Moon or Signe in	♉ ♏ ♑
	Glisters		♈ ♎ ♒
	Gargarismes		♈ ♋
	Preparatives		♊ ♎ ♒
	Stop Rheumes and Fluxes		♉ ♍ ♑
	Purge by neesing		♋ ♌ ♍

Fit times for Blood-letting.

The Sanguine, from the new moon to the first quarter.
The Cholericke, from the first quarter to the full.
The Flegmaticke, from the full to the last quarter.
The Melancholy, from the last quarter to the change.

Dangerous times for Blood-letting.

In the heate of summer, or cold of winter, or when the moon is in the signe which governeth that part of the body you would let blood; Also within two dayes of the change, or full of the moone.

The Anatomie of mans Body as the parts thereof are governed by the twelve Celestiall Signes of the Zodiack.

Aries, Head and face.

Taurus, Neck and throat.
Cancer, Brest and stomach.
Virgo, Bowels and belly.
Scorpio, Secret members.
Capricorn, Knees.

Gemini, Armes and hands
Leo, Heart and back.
Libra, Reynes and loynes.
Sagittarius, Thighes
Aquarius, Legges.

Pisces, the Feet.

Of the Tide Table or high Water at London-Bridge, *Whitby, Harle-poole, and Penmark.*

IN the two last columnes of the Almanack toward the right hand is set downe the time of high water at London, Whitby, Harle-poole, and Penmark, As for example, upon Sunday the 6 of Iunii. It is high water in all the aforesaid places, at 3 & 10 minutes in ½ afternoon. But note that every 12 hours the Tide alters a little more then a quarter of an houre. As now it is high water at 3 afternoone, then it will be high water againe a little above a quarter of an houre past 3 in the morne: So it flowes above 4 hours and ebbs 8. Note also that 15 minutes make a quarter, 30 halfe an hour, 45 three quarters, and 60 an houre.

Also note that when the Moone commeth to the North-east or the South-west, it maketh a full Sea in all those aforesaid places: For the Tides follow the course of the Moone; except great winds and land floods hinder the same.

The beginning and ending of the Termes

with their Returnes and Essoyne dayes, dayes of exception, Returna brevium, and dayes of appearance, for this yeere, 1651.

Returne Dayes, or Dayes of Essoyne.	Dayes of Exception.	Returna Brevium.	Dayes of Appearance.
Hilary Terme begins January 23. and endeth the 12. of February, and hath foure returnes.			
Octab. Hil.	Jan. 20	Janu. 21	Janu. 22	Janu. 23
Quind. Hil	Jan. 28	Janu 29	Janu. 30	Janu. 31
Craſt. Puri.	Febr. 3	Febr. 4	Febr. 5	Febr. 6
Octab. Puri	Feb. 10	Febr. 10	Febr. 11	Febr. 12
Easter Terme begynneth the 16 of April. and endeth the 12 of May, and hath five returnes.				
Quind. Paſ.	Apr. 14	Apr. 14	Apr. 15	Apr. 16
Tres Paſc.	Apr. 21	Apr. 22	Apr. 23	Apr. 24
Men. Paſc.	Apr. 28	Apr. 29	Apr. 30	May 1
Quinq; Pa.	May 5	May 6	May 7	May 8
Craſ. Aſcē.	May 9	May 10	May 11	May 12
Trinity Terme begynneth the 30 of May and endeth the of 18 of June, and hath 4 returns.				
Craſt. Tri.	May 27	May 28	May 29	May 30
Octab. Tri	June 2	June 3	June 4	June 5
Quind. Tri.	June 9	June 10	June 11	June 12
Tres Trin.	June 16	June 16	June 17	June 18
Michaelmas Term beginneth the 23 of October, and endeth the 28 of November and hath 6 returnes.				
Tres Mich.	Octo. 20	Octo. 21	Octo. 22	Oct. 23
Men. Mich	Octo. 27	Octo. 28	Octo. 29	Oct. 30
Craſt. Ani.	Nove. 3	Nov 4	Nove. 5.	Nove. 6
Craſt. Mar.	Nov. 12	Nov. 13	Nov. 14	Nov. 15
Octab. Mar.	Nov. 19	Nov. 20	Nov. 21	Nove 22
Quind Mar	Nov. 25	Nov. 26	Nov 27	Nove. 28

Note this generally, that the first and last dayes of each Term are the first and last dayes of appearance.

January hath xxxj dayes.

Warme Meates, thick cloathes this moneth are good,
No Phisick, Bathes or letting blood.

1 Day Sun riseth at 8 and 1 min. sets at 3 and 59 min.
15 Day sun riseth at 7 and 43 min. sets at 4 and 17 min

1	a	New yeeres	Belly and		6	12
2	b	The 28 of this	Bowels		7	0
3	c	mon. Hen. the	Loynes and	☽ Last quarter	7	48
4	d	8 dyed 105 ye=	Reines	the 4 day a	8	36
5	e	ares since	Secrets and	quarter past 8	9	24
6	f	Twelfeday	bladder	night	10	12
7	g		Thighes and		11	0
8	a		hanches		11	48
9	b	Sol in Aqua	Knees	● New moone	12	36
10	c		Knees	the 11 day,	1	24
11	d		Knees	neer 1 after=	2	12
12	e		Leggs	noon.	3	48
13	f	Hilary	Legges		4	36
14	g		Feet		5	24
15	a	The 28 of this	Feet	☾ First quarter	6	12
16	b	mō. was Ed. the	Head	the 18 day, a	7	0
17	c	2 depoſed & after	and	quarter of an	7	48
18	d	murthered at	Face	hour after 11	8	36
19	e	Wakley. 325 ye.	Neck and	before noon.	9	24
20	f	ſince	throat		10	12
21	g		Armes and		11	0
22	a		Hands		11	48
23	b		Breast	○ Full moone	12	36
24	c	Term begin	and	the 26 day	1	24
25	d		stomack	neer 4 in the	2	12
26	e	Septuageſi.	Heart and	afternoon.	3	0
27	f	The 30 of	Back		3	48
28	g	this mo K C.	Belly and		4	36
29	a	was beheaded	Bowels		5	24
30	b	at White=hall	Loynes and		6	12
31	c	2 yeare since	Reines		7	0

Milk, Herbs, and fenniſh Fowl deny,
Purge not, nor uſe Phleborome.

1 day ſun riſeth at 7 and 13 min. ſets at 4 and 47 min
15 day ſun riſeth at 6 and 46. min. ſets at 5 and 14 min

Moneth dayes	week dayes	Feſtival dayes and Term dayes.	The Moones place in the Zodiack	The new, full and quarters of the Moon	High wat at London Bridge.	
1	d		Reines		'	46
2	e	Purifica. Mary	Secrets and		'	36
3	f		bladder		)	24
4	g	The 18 of this	Thighes and	Laſt quarter	)	12
5	a	Moneth the	Hanches	the 3 day, neer	11	0
6	b	Dove brought	Knees	8 in the morn	11	48
7	c	the olive branch	Knees		12	36
8	d	3944 ye. ſince.	Legges		.	24
9	e	Sol in Pisces	Legges.	●	.	12
10	f	Blas. Epiſ.	Feet	New moon	3	48
11	g		Feet	the 9 day, half	4	36
12	a	Terme ends	Head	hour paſt 11	5	24
13	b		and	before noon.	6	12
14	c	Valentine	face		7	0
15	d		Neck and		7	48
16	e	Quadrageſi.	throat		8	36
17	f	The 14 of this	Iames	First quarter	9	24
18	g	moneth, was the	and	the 17 day, 3	10	12
19	a	Palſgrave mar-	hands	quarters paſt	11	0
20	b	ryed to the Lady	Breſt and	5 in the morn	11	48
21	c	Elizabeth, being	ſtomach		12	36
22	d	38 years ſince.	Heart		1	24
23	e		and		2	12
24	f	Matthias apo.	back	Full moon	3	0
25	g		Bowels and	the 25 day, at	3	48
26	a		Belly	9 in the morn	4	36
27	b		Loynes and		5	24
28	c		eeines		6	12

March hath xxxj. dayes.

Groſſe meats doe hurt, uſe Food that's fine;
Let blood and take ſome Medicine.

1 Day Sun riſeth at 6 and 18 min. ſets at 5 & 42 min
15 Day, Sun riſeth at 5 and 50 min. ſets at 6 and 10 m

d	David	Secrets and Bladder		7	0
e			☾	7	48
f	The 4 of this moneth Henry the 6 was depoſed, and after murthered in the Tower, 191. ye. ſince.	Thighes and hanches	Laſt quarter the 4 day 3 quar. paſt 4 afternoon.	8	36
g		Knees		9	24
a		Knees		10	12
b		Legges		11	0
c		Legges		11	48
d		Feet		12	36
e	Sol in Arie.	Feete		1	24
f	The 20 of this moneth Henry the 4 dyed, 239 years ſince.	Head and face	New moon the 11 day. half an hour paſt 10 in the morning	2	12
g		Neck and thzoate		3	0
a				3	48
b				4	36
c		Armes and hands		5	24
d				6	12
e	The 24 Q. Elizabeth dyed, 47 yea. ſince.	Breaſt and ſtomach	☾ First quarter the 19 day neer 1 in the morning	7	0
f				7	48
g				8	36
a	The 27 K. Ja. dyed, 27 ye. ſince			9	24
b				10	12
c		Heart and back		11	0
d				11	48
e		Bowels and belly	● Full moon the 26 day a quar. paſt 11 at night.	12	36
f	Annun. Mary			1	24
g		Loynes and Reines		2	12
a				3	0
b		Secrets and Bladder		3	48
c				4	36
d	Easter day	Thighes and hanches		5	24
e		Knees		6	12
f				7	0

The Blood being hot, coole Herbs now use,
And *March* his precepts not refuse.

1 day Sun riseth at 5 and 16 min. sets at 6 and 44 min.
15 day Sun riseth at 4 and 51 min. sets at 7 and 9 min.

1	g	The 6 of this	Knees		7	48
2	a	mon. Ric. the 1	Legges		8	36
3	b	was slain in	Legges		9	24
4	c	Normandie	Legges		10	12
5	d	452 yr. since.	Feet	Last quarter	11	0
6		Low Sund.	Feet	the 2 day a	11	48
7	f		Head	quarter of	12	36
8	g		and	an hour past	1	24
9	a		face	11 at night	2	12
10	b		Neck and		3	48
11	c	Sol in Taurus	throat		4	36
12	d		Armes	New moon	5	24
13		The 9 of this	and	the 9 day,	6	12
14	f	mon. Ed. the 4.	hands	at 10 at night	7	0
15	g	dyed, 168 years	Brest and		7	48
16	a	since.	stomack		8	36
17	b	Tembergim	Heart and	First quarter	9	24
18	c		back	the 17 day 3	10	12
19	d		Bowels	quarters	11	0
20			and	past 7 at night	11	48
21	f		belly		12	36
22	g		Loynes and		1	24
23	a		reines	Full moon	2	12
24	b	George	Secrets and	the 25 day,	3	0
25	c		bladder	neere 11 be-	3	48
26	d	Vert Eyues	Thighs and	fore noon	4	36
27		The 22 of this	launches		5	24
28	f	mon. Wen. the 7	Knees		6	12
29	g	dyed 142 years	Knees		7	0
30	a	since.	Leggs		7	48

May hath xxxj dayes.

Put Sage in drink, drink Wormwood-wine,
Use Physicks help, walk mornings fine.

1 Day Sun riseth at 4 and 23 min. sets at 7. and 37 min.
15 Day Sun rise h at 4 and 4 min. sets at 7 and 56. min

1			Leggs			8	36
2	b	Phil. & Iacob	Feet			9	24
3	c		Feet		Last quarter	10	12
4	d		Head		the 2 day, 2	11	0
5	e	Rogation sun.	and		quarters past	1	48
6	f		face		4 in the morn	12	36
7	g		Neck and			1	24
8	a		throat			2	12
9	b	Ascension day	Arms			3	0
10	c		and			3	48
11	d		hands		New Moon	4	36
12	e	Iubi in Gem.	Breast and		the 9 day 3	5	24
13	f	Terræ Rogs	stomack		quarters past	6	12
14	g	The 29 of this	Heart		10 before noon	7	0
15	a	moneth Prince	and			7	48
16	b	Charles was	back			8	36
17	c	borne, 21 years	Belly and		First quarter	9	24
18	d	since.	Bowels		the 12 day,	10	12
19	e	Whit Sunday	Loyns and		nere 1 a cr-	11	0
20	f		reins		uoou	11	48
21	g		Secrets and			12	36
22	a		bladder		Full moon	1	24
23	b		Thighs and		the 24 day,	2	12
24	c		hanches		nere 8 in the	3	0
25	d,		Knees		evening	3	48
26	e	Trinity sun.	Knees			4	36
27	f		Leggs			5	24
28	g		Leggs		Last quarter	6	12
29	a		Feet		the 31 day, 3	7	0
30	b	Translation	Feet		quar. past 10	7	48
31	c	Cor. Christ.	Feet		before noon	8	36
	d						

June hath xxx. dayes.

Let phyſicke goe, coole Herbs now take,
Sweet Drinks and Venus now forſake.

1 Day Sun riſeth at 3 and 50 min. ſets at 8 and 10 min.
15 Day Sun riſeth at 3 and 47 min. ſets at 8 and 13 min.

☌					9	24
f					10	12
g					11	6
a	The 21 of this moneth Edward the 3 dyed 225 years ſince.	Head and face			12	48
b		Neck and throate		●	1	36
c		Armes and hands		New moone the 7 day, halfe an houre paſt 12 at night.	2	24
d		Breaſt and ſtomack			3	0
e		Heart and back			3	48
f	☍ Sol in Cancer				4	36
g					5	24
a	The 22, of this mon Ed. the 5 and his Brother were murthered in the tower 163 years ſince.			☾	6	12
b		Belly and Bowels		First quarter the 15 day, neer 4 in the morn.	7	0
c		Loynes and reines			7	48
d		Secrets and bladder			8	36
e					9	24
f	☍ Terme ends				10	12
g		Thighes and hanches		○ Full moon the 23 day, a quarter paſt 1 in the morn	11	0
a					11	48
b		Knees			12	36
c					1	24
d		Knees			2	12
e					3	0
f		Knees			3	48
g	☍ S. Iohn Bapt.	Leggs			4	36
a		Leggs		☽ Laſt quarter the 29 day halfe an houre paſt 6 in the evening.	5	24
b		Feete			6	12
c		Feete			7	0
d		Head and			7	45
e	☍ S. Peter apoſt.	Face			8	36
f		Neck			9	24

July hath xxxj dayes.

Vse Sallets fresh to coole the heate,
And bathe in Springs to cleanse the sweat.

1 day, Sun riseth at 3 and 56 min. sets at 8 and 4 min.
15 day Sun riseth at 4 and 12 min. sets at 7 and 48 min.

1	g		Neck and		10 12
2	a	The 6 of this	throate		11 0
3	b	month Edward	Armes and		11 48
4	c	the 6 dyed, 98	hands	New moon	12 36
5	d	years since.	Breast	7 day a quar=	1 24
6	e		and	ter past 3 af=	2 12
7	f	The 6 of this	stomach	ternoon	3 0
8	g	moneth Henry	Heart and		3 48
9	a	the 2 dyed, 46.	Back		4 36
10	b	years since.	Belly		5 24
11	c		and	First quarter	6 12
12	d		Bowells	the 15 day	7 0
13	e	☌ in Leo	Loynes and	half an hour	7 48
14	f		reines	past 4 after=	8 36
15	g	The 7 of this	Secrets and	noon.	9 24
16	a	moneth Edward	Bladder		10 12
17	b	the 1 dyed, 343	Thighes and		11 0
18	c	years since.	Hanches		11 48
19	d	Dog dayes begin	Knees	Full moon	12 36
20	e		Knees	the 22 day a	1 24
21	f		Leggs	quar. past 9	2 12
22	g		Leggs	before noon	3 0
23	a		Feete		3 48
24	b		Feete		4 36
25	c	S. James Apost.	Head		5 24
26	d		and	Last quarter	6 12
27	e		Face	the 29 day,	7 0
28	f		Neck and	at 5 in the	7 48
29	g		Throat	morning.	8 36
30	a		Armes and		9 24
31	b		Hands		10 12

August hath xxxj. dayes.

Fly Physick, and Phlebotomie,
Eschew cold baths and venerie.

First day, Sun riseth at 4 and 48 min. sets at 7 & 22 mi.
15 day Sunriseth at 5 and 4 min. sets at 6 and 56 min.

1	c	The 1 of this mo. K. Wil Rufus was slaine with an arrow in New forrest, 551 ye. since.	Armes			11 0
2	d		Breast and stomach			11 48
3	e		Heart and back			12 36
4	f		Belly and Bowels			1 24
5	g		Loynes and reines.			2 12
6	a	The 31 of this mon Hen the 5 dyed 229 years since	Secrets and bladder			3 0
7	b		Thighes and hanches			3 48
8	c		Knees			4 36
9	d		Knees			5 24
10	e		Legges			6 12
11	f		Legges			7 0
12	g		Feet			7 48
13	a	Sol in Virgo	Feet			8 36
14	b	The 22 of this mō Ric. the 3 was slaine in Boswoth field by Hen. the 7 166 years since.	Feet			9 24
15	c		Head and face			10 12
16	d		neck and throate.			11 0
17	e		Armes and			11 48
18	f		Hands			12 36
19	g		Breast and			1 24
20	a		Stomick			2 12
21	b		Heart			3 0
22	c					3 48
23	d					4 36
24	e					5 24
25	f					6 12
26	g					7 0
27	a					7 48
28	b					8 36
29	c					9 24
30	d					10 12
31	e					11 0

New moon the 6 day half an hour past 6 in the morning.

First quarter the 14 day, 3 quarters of an hour past 2 in the morning

Full Moon the 20 day half an hour past 5 in the evening.

Last quarter the 27 day, half an hour past 6 in the evening.

September hath xxx dayes.

Now drinke Goates milke, on ripe Fruits feed;
(If need require) Purge, Bath or bleed.

1. Day Sun riseth at 5. and 37. min. sets at 6. & 23. min.
15. Day Sun riseth at 6. and 4. min. sets at 5 and 56. min.

1	f		Heart and		11	48
2	g		Wack.		12	36
3	a	This mō. the 9 day. Wil. the Cō	Belly and		1	24
4	b	quero: dyed at	Bowels	New Moone	2	12
5	c	Caneſn Normā	Loynes and	the 4 day, a	3	48
6	d	dy, 564 ye ſince.	reines.	quarter paſt	4	36
7	e		Secrets and	11 at night	5	24
8	f		Bladder		6	12
9	g		Thighes and		7	0
10	a		Hanches		7	48
11	b		knees.		8	36
12	c		knees	First quarter	9	24
13	d	Solinal Libra	knees	the 12 day,	10	12
14	e		Legs.	at a 11 before	11	0
15	f	This mō. the 29	Legges	noone	11	48
16	g	Ric. the 2 was	Feet		12	36
17	a	depoſed, & after	Feet		1	24
18	b	wards murthered	Head and	Full Moone	2	12
19	c	in Pomfret	face	the 19 day	3	0
20	d	caſtle, 25. years	Neck	halfe an hour	3	48
21	e	ſince. Matthew Evā	and	paſt 2 in the	4	36
22	f		Throate.	morning.	5	24
23	g		Armes and		6	12
24	a		hands		7	0
25	b		Breaſt		7	48
26	c		and	Laſt quarter	8	36
27	d		ſtomack	26 day, halfe	9	24
28	e		Heart and	an hour paſt	10	12
29	f	Michael Arch	Back	11 at noon	11	0
1	g		Belly		11	48

Strong Wine, hot Bathes, and Spice thats good
Preserves our health, purge, or let blood.

1 Day Sun riseth at 6 and 36 min. sets at 5 and 24 min.
15 Day Sun riseth at 7 and 3 min. sets at 4 and 57 min.

1	a		Bowels			6
2	b		Loynes and reynes		1	4
3	c			●	2	12
4	d	The 19 of this moneth S. John was poysoned by a popish Monk at Swinstes abbey 435 years since.	Secrets and bladder	New moon the 4 day, 3 quarters p^st 1 afternoon.	3	0
5	e				3	48
6	f		Thighes and hanches		4	36
7	g				5	24
8	a		Knees		6	12
9	b				7	0
10	c		Knees		7	48
11	d		Leggs	☾	8	36
12	e		Leggs	First quarter the 11 day, a quar. after 8 at night.	9	24
13	f	Sol in Scorp.	Feet		10	12
14	g		Feet		11	0
15	a		Head and face		11	48
16	b				12	36
17	c				1	24
18	d	S. Luke Evan.	Neck and throat	○ Full moone the 18 day at 2 in the afternoon.	2	12
19	e	The 25 of this moneth K. Stephen dyed 497 years since.	Armes and hands		3	0
20	f				3	48
21	g				4	36
22	a		Breast and stomach		5	24
23	b	Termie begin.			6	12
24	c				7	0
25	d		Heart and Back		7	48
26	e			☽ Last quarter the 26 day, a quarter past 7 in the morn.	8	36
27	f				9	24
28	g	Sim. and Jud.	Belly and Bowels		10	12
29	a				11	0
30	b		Loines and Reines		11	48
31	c				12	36

November hath xx x. dayes.

From cold preserve thy Head and Feet,
Abstaine from Wine, that's new and sweet.

1 day Sun riseth at 7 and 34 min. sets at 4 and 26 min
15 day Sun riseth at 7 and 55. min. sets at 4 & 5 min

1	d	All Saints day	Secrets and bladder		1	24
2	e				2	12
3	f		Thighes and hanches		3	0
4	g			●	3	48
5	a		Knees	New moon	4	36
6	b		Knees	the 3 day, half	5	24
7	c	The 6 of this	Legges	an hour past 4	6	12
8	d	month Dr. Hen-	Leggs	in the morne.	7	0
9	e	ry dyed 33 years	Feet		7	48
10	f	since.	Feet	☾	8	36
11	g		Head	First quarter	9	24
12	a	Martin	and	the 10 day	10	12
13	b	Sol in sagit.	face	half an hour	11	0
14	c	The 16 of this	Neck and	past 1 in the	11	48
15	d	moneth Henry	throate	morning.	12	36
16	e	the 3 dyed 387	Armes		1	24
17	f	years since.	and		2	12
18	g		Hands		3	0
19	a	The 17 of this	Breast and	○ Full moon	3	48
20	b	moth. Mary	stomach	the 17 day a	4	35
21	c	dyed 93 ye. since	Heart	quarter past	5	24
22	d		and	6 in the morn	6	12
23	e		back.		7	0
24	f		Belly and		7	48
25	g		Bowels		8	36
26	a		Loynes and	☾ Last quarter	9	24
27	b		Reines	the 25 day,	10	12
28	c	Term ends	Secrets and	a quar. past 4	11	0
29	d		bladder	in the morn.	11	48
30	e	And ap. adv	Thighes		12	36

December hath xxxj. dayes.

If you doe Feast ? then of your store,
Remember to invite the poore.

1. day, Sun riseth at 8 and 19 min. sets at 3 and 50 min
15. day Sun riseth at 8. and 13 min. sets at 3 and 47 min.

1	f		Thighes		24
2	g	The 2 of this	Knees		12
3	a	moneth Henry	Knees		0 48
4	b	the 1. dyed, 516	Legges	New Moone	36
5	c	yeare since.	Legges	the 2 day, a	24
6	d		Legges	quarter past 7	12
7			Feet	at night	0
8	f		Feet		48
9	g		Head and		36
10	a	Sol in Capri	face	First quarter	24
11	b		Neck	the 9 day, a	12
12	c		and	quarter past	0
13	d		Throate	11 before	48
14			Armes and	noon.	36
15	f		hands		24
16	g		Breast		12
17	a		and	Full moone	0
18	b		stomack	the 16 day, 3	48
19	c		Heart and	quarters past	36
20	d	Thomas Apo.	back	8 at night	24
21			Belly		12
22	f		and		0
23	g		bowells	Last quarter	48
24	a	Christ Nativi.	Loynes and	the 25 day	36
25	b	S. Stephen.	reynes	halfe an hour	24
26	c	S. John Evā	Secrets and	past 1 in the	12
27	d	Innocents.	bladder	morning	0
28			Thighes and		48
29	f		hanches		36
30	a		Knees		24
31	a		Knees		12

WHITE. 1651.

A Prognostication for this Year of our LORD CHRIST. 1651.

Being the third after the *Bissextile*, or Leap-Yeare.

Wherein is contained the Revolution of the Year; the disposition of each Season; and the inclination of the Weather for every Quarter of the Moon throughout the whole Yeare.

With a Geographicall Epitomie, or Map of ENGLAND, and WALES, &c.

Also many other things of consequence, worth the observation.

And at the end of the book, is the whole Almanack, contained in one Leaf, for this Year 1651. which being cut out, is fit to be placed in a Table-Booke, Booke of Accompt, or other.

By *John White*, Wel-willer to the *Mathematicks*.

LONDON,
Printed for the Company of STATIONERS, 1651.

A brief Cronology of divers memorable things of note, to this present yeare, 1651.

SInce the Creation of the World to this yeare	5600
Since the Flood	3944
Since London was built	2759
Since Yorke was built	2617
Since the 72 Interpreters translated the Bible	1630
Since the death and passion of our Saviour	1619
Since the destruction of Ierusalem	1580
Since England first received the Christian Faith	1491
Since Scotland first received the Christian Faith	1449
Since the Conquest of England by Duke William	585
Since S. Paules Church in London was built	565
Since London-bridge was built with stone	475
Since the first Lord Maior of London	460
Since the Order of the Knights of the Garter	307
Since the Invention of Gunnes	271
Since the Art of Printing was invented	200
Since King Henry the 8. conquered Bulloyne	106
Since the first use of Coaches in England	96
Since the burning of Pauls steeple	90
Since the Royall Exchange was built	86
Since the Earles rebellion in the North	81
Since the blasting Starre, and sharp Winter	79
Since the Massacre in France	79
Since the whole Heavens seemed to burne with Fire	77
Since the former deep Snow	72
Since the generall Earthquake	71
Since Tobacco was first used in England	66
Since the Campe at Tilbury in Essex	63
Since the great Plague in London	45
Since the Gunpowder Treason	48
Since the former great Frost	46
Since the death of Prince Henry	39
Since the last deepe Snow	36
Since the last blasting-starre	33
Since the fall at Blackfryers	28
Since the Parliament began to sit last at Westminster	11

A breife Declaration of the Disposition of the foure Quarters of the Yeare.

And first of the Spring.

Like to the fragrant *Spring* doth Youth appeare,
Young, fresh, and pleasant; (God grant so the yeare.)
Sol in Aries, Taurus, Gemini.

When the glorious Eye of Heaven (the Sunne) maketh his entrance into the first degree of the first Equinoctiall signe of Aries, then beginneth the pleasant and comfortable Spring, which is this yeare upon Munday the tenth of March, at which time the dayes and nights are of an equall length throughout the whole world; each of them consisting of 12 houres long: This Quarter continueth the time that the Sunne maketh his progres through these three Vernall Signes, Aries, Taurus, and Gemini; and endeth upon Wednesday the eleventh of June.

The naturall condition of this Quarter is heat and moysture, chiefly resembling Youth, and taking part of the Sanguine complection, which humour hath chief predomination in our bodyes from nine of the clock at night, till 3. in the morning. Now doth the comfortable Sunne with his warme beams revive the sad and cold Earth (which before seemed dead) causing Trees, Plants and Flowers to appear in their beauty: Of all the other Quarters this is the most pleasant and wholsome, being the most convenient time to remove diseases of a long continuance, & to prevent such as are likely to ensue: Now do the Birds of the aire couple and breed, Beasts on the earth encrease, and Fishes in the waters multiply, leaving the deep to recreate in shallow places. This Spring over-wet increaseth weeds, causing fruits to be scarce and

rotten. It is now requisite for our healths that we use for the most part, such things as are of a cooly and dry quality, letting your drink be more small and cooler then in Winter: And (if need require) now is the most convenient time to Purge, Bleed, Bath, or Sweat.

The usual Infirmities of this Quarter, are these, Pestilence, Small-pocks, Measells, Pushes in the face, Scabs, Fevers, Agues, Evill, &c.

Of the second part of the Yeare, called Summer.

Like the hot *Summer*, Man is in his prime,
Stout, bold, and fiery, seeking for to climbe.

Sol in Cancer, Leo, Virgo.

SUmmers hot Season beginneth upon Wednesday the 11 of June, producing the longest day in the year, when the Sun approacheth unto the Northern Tropique, of Cancer, and then reverberating back, the dayes againe doth shorten: This Quarter continueth the Sunnes passage through these three Solsticial Signs, Cancer, Leo, and Virgo, and endeth upon Saturday the thirteenth of September.

Naturally this Quarter is hot and dry, chiefly resembling Manhood, and participating of the Cholerick complexion, which humour doth chiefly reign from three of the clock in the morning, till nine before noon: Now the Sunne being at the highest, causeth the dayes to be longest (in our Northern lattitude) and the nights to be shortest; heat now is greatest, floods lowest, seas quietest, and the winds calmest: The face of the Earth is now adorned with Flowers in their beauty, and Fruits in their delicacy, who imparteth of her store to all creatures sensible

sensible for their use and comfort, and the painefull Bees gather their honey for their future sustenance: now naturall heat diverced abroad unto the outward parts of the body, and Man is not now so hot within as in Winter, nor can he digest such grosse and strong meats as then; yet are the smallest and coolest drinks most fitting to our healths, and little store of meats best sufficeth nature, and keepeth the body in health, and those which bee boyled are the best of digestion for weak stomacks, & now of such things as are of a cold and moyst quality: The Summer over-wet rotteth fruit, and destroyeth corn.

The usuall diseases of this Quarter, are Feavers, Agues, Pestilence, hot Apostumes, Jaundies, pain in the head and belly, Purples, Mezpilew, &c.

Of the third part of the yeare, called Autumne or Harvest.

As *Autumns* Fruits are pluckt, and Leaves decay,
So Man declines, there's nothing at a stay.

Sol in Libra, Scorpio, Sagitarij.

Autumne, Harvest, or the Fall of the Leafe, beginneth when the Sunne entereth into the second Equinoctiall poynt (which is in Libra) making the dates & nights againe equal throughout the World: This Quarter beginneth upon Saturday the thirteenth of September, and endeth upon Thursday the eleventh of Decemb. and continueth the time of the Sunnes passage through these three Autumnall signs, Libra, Scorpio, and Sagitari.

The condition naturally of this Quarter is to be cold and dry, resembling middle age, chiefly participating of the Melancholy complexion, which humour doth most

predominate from nine of the clock in the morning, till three in the afternoon: Now is the face of the Earth robbed of her former glory; Grasse is mowed, Corn reaped, Fruites gathered, and Flowers withered, but this is the time wherein the laborious Husband-man should receive some profit of his fore-passed toyle, (which the Lord of Heaven grant for the relefe and comfort of us all;) Plants decay, leaves fall, floods increase, and all begitables loose their former strength and vigour, and the most part of sensible creatures seek for a shelter against the stormy ensuing Winter: Of all the other Quarters of the year this is the most unwholsome, breeding diseases of divers kinds in our bodies; therefore it is expedient to beware of the morning and evening cold, and use such things as are of a hot and moyst quality: It is now a fit time (if need require) to Purge, Bath, and Bleed: An over-wet Autumn causeth scarcity of Fruit, & rotteth Grapes, making unwholsome Wines.

The diseases commonly of this Quarter are many, as Melancholly, Cyprods, Spleen, Fluxes of Blood, pain in the back and kidneyes, the Stone, Falling-sickness, sore Eyes, Agues, &c.

Of the fourth part of the Yeare, Called Winter.

Our *Spring*, our *Summer*, and our *Autumne* past,
Death like to *winter* commeth at the last.

Sol in Capricorn, Aquarius, Pisces.

The Winter Quarter beginneth the eleventh of December, being Thursday, and continueth till Tuesday the tenth of March the next ensuing year 1652. This Quarter at the beginning hath the shortest day and longest night in the year, to all us that inhabit on the northern

northern part of the Equinoctial: It continueth the space of the Sunnes revolution through these three Hyemal signes, Capricorn, Aquarius, and Pisces.

Naturally this Quarter is cold & moyst, resembling Old age, and is of the Flegmatick complexion, which humour hath most predomination from three of the clock in the afternoon, till nine at night: Now doth the Seatost Mariners endure many a bitter storm on the raging Ocean, for the winds are strong, and the aire is cold: Now the vigour and strength of all things waxeth weak and feeble, and the poares of the Earth are enclosed and shut up by the extream coldnesse of the Ayre: Beasts seek for shelter, Fowles fly to the warmest climates, Serpents betake them to their caves, and the Fishes get into the deepest of the waters, and all to shun the extremity of the cold; for whatsoever the cheerfull Spring and comfortable Summer did produce and nourish, this Quarter doth destroy and banish; yet the colder and dryer the Winter is, it is more wholsom for man and beast; but too much cold destroyeth Trees, Plants, and Flowers. A wet and warm Winter is a freind to Husbandry, but a foe to nature; yet indifferent store of Snow doth ranken the earth and preserveth Corn. Now for the preservation of health, it is expedient that we use such meates as are of a hot and dry quality, expelling the cold and unwholsome aire with good fires, warme broathes, strong wines, and comfortable drinks; and be carefull to keep your head and feet from wet and cold: But yet can the stomach digest more grosse & strong meats then in Summer, the reason is, that the naturall heat is driven (by the coldnesse of the ayre) into the inward parts of the body, to help digestion, and to comfort the vitall spirits.

The Sicknesses and Diseases of this Quarter are these, Cramps, Rhewms, Poses, Coughes, Colds, Palsies, Agues, Fluxes, Cathars, sore Eyes, Toothach, Sciaticaes, &c.

The New, Full, and Quarters of the Moon, with the ordinary judgement of the Weather, for every Quarter of the Moon for this Yeare, 165.1

January.

Last Quarter on Saturday the iiij. day, a quarter of an houre past 8 of the clock at night: Wet & windy.
New Moon on Saturday the xj. day, neare one of the clock after noon: Frost.
First Quarter on Saturday the xviij. day, a quarter of an houre past xj. of the clock before noon: Fair.
Full Moon on Sunday the xxvj. day, neare iiij. of the clock in the evening: Frost.

February.

Last Quarter on Munday the iij. day, neare viij. of the clock in the morning: Wet.
New Moon on Sunday the ix. day, halfe an houre past xi. of the clock before noon: Indifferent.
First Quarter on Munday the xvij day, 3 quarters of an hour past v. of the clock in the morning: Cold blasts.
Full Moon on Tuesday the xxv day, at ix. of the clock in the morning: Frost.

March.

Last Quarter on Tuesday the iij. day, 3 quarters of an hour past iij. of the clock after noon: Fair.
New Moon on Tuesday the xj. day, halfe an hower past x. of the clock before noon: Seasonable.
First Quarter on Wednesday the xix. day, neare one of the clock in the morning: Wet.
Full Moon on Wednesday the xxvj. day, a quarter of an houre past xj. of the clock at night: Great winds.

April.

Last Quarter on Wednesday the second day, a quarter of an houre past xj. of the clock at night: Windy.
New Moon on Wednesday the ix. day, at ten of the clock at night: Faire.

First

First Quarter on Thursday the xvij. day, 3 quarters an houre past vij. of the clock at night: Variable.
Full Moon on Friday the xxv. day, near xj. of the clock before noon: Wet.

May.

Last Quarter on Friday the second day, 3 quarters of an hour past iiij. of the clock in the morning: Pleasant.
New Moon on Friday the ix. day, 3 quarters of an hour past x. of the clock before noon: Indifferent.
First Quarter on Saturday the xvij. day, neare one of the clock in the after noon: Fair.
Full Moon on Saturday the xxiij. day, near 8 of the clock in the evening: Cloudy.
Last Quarter on Saturday the xxxj. day, 3 quarters of an houre past x. of the clock before noon: Wet.

June.

New Moon on Saturday the vj. day half an hour past xij of the clock at midnight: Unconstant.
First Quarter on Sunday the xv. day, near iiij. of the clock in the morning: Gentle blasts.
Full Moon on Munday the xxiij. day, a quarter of an houre past iij. of the clock in the morning: Fair.
Last Quarter on Sunday the xxix. day half an houre past vj. of the clock after noon: Pleasant Weather.

July.

New Moon on Munday the xij. day, a quarter of an hour past ij. of the clock after noon: Very hot.
First Quarter on Tuesday the xv. day, half an houre past iij. of the clock after noon: Wet.
Full Moon on Tuesday the xxij. day, a quarter of an hour past ix. of the clock before noon: Unconstant.
Last Quarter on Tuesday the xxix. day, at v. of the clock in the morning: Reasonable.

August.

New Moon on Wednesday the vj. day, half an hour past vj. of the clock in the morning: Fair.

First

First Quarter on Thursday the xiiii. day, 3 quarters of an houre past two of the clock in the morning: Fair.
Full Moon on Wednesday the xx. day, half an houre past v. of the clock after noon: Wet.
Last Quarter on Wednesday the xxvij. day, half an hour past vj. of the clock in the evening: Indifferent.

September.

New Moon on Thursday the iij. day, a quarter of an houre past xj. of the clock at night: Uncertaint.
First Quarter on Friday the xij. day, at xj. of the clock before noon: Winter like weather.
Full Moon on Friday the xix. day, halfe an houre past two of the clock in the morning: Faire.
Last Quarter on Friday the xxvi. day, half an hour past xj. of the clock before noon: Cloudy.

October.

New Moon on Saturday the iij. day, 3 quarters of an houre past one of the clock after noon: Wet.
First Quarter on Saturday the xj. day a quarter of an houre past viij. of the clock at night: Fair.
Full Moon on Saturday the xviij. day, at two of the clock after noon: Indifferent.
Last Quarter on Sunday the xxvj. day, a quarter of an houre past viij. of the clock in the morning: Fair.

November.

New Moon on Munday the ij. day, half an houre past iiij. of the clock in the morning: Wet.
First Quarter on Munday the x. day, half an hour past one of the clock in the morning: Some over-casts.
Full Moon on Munday the xvij. day, a quarter of an houre past vj. of the clock in the morning: Frost.
Last Quarter on Tuesday the xxv. day, a quarter of an houre past iiij. of the clock in the morning: Cold blasts.

December.

New Moon on Tuesday the second day, a quarter of an houre past viij. of the clock at night: Frost.

First

First Quarter on Tuesday the ix. day, a quarter of an houre past xi. of the clock before noon: Snow or fleet.
Full Moon on Tuesday the xxj. day, 3 quarters of an houre past viii. of the clock at night: Variable.
Last Quarter on Thursday the xxv. day, half an houre past one of the clock in the morning: High winds.

Certaine briefe Notes concerning the Yeare and parts thereof, with other generall Rules.

A Year properly is that Revolution and space of time wherein the Sun passeth through the twelve Signs of the Zodiack.

A Year hath in it twelve Months of the Sun, thirteen Months of the Moon: Fifty two Weeks, three hundred threescore and five dayes.

It is to be understood when a Year hath in it but three hundred threescore and five dayes, it is meant by the common year: But the Astronomicall year containeth three hundred threescore and five dayes and six houres: & when it is Leap-year, the year is a day longer then the common years, which is in February, the Common having but xxviij. dayes, the Leap xxix.

A Moneth of the Moon is the space and length of time which is between the New Moon and her Wane: and the usuall or common Moneth, is a certain number of dayes, which are xxviij.

A Week or Sevennight is the fourth part of a Moneth.

A Day is the seventh part of a week, & there be two sorts of dates, the one is a day natural, the other is a day artificial

A day naturall is the space of xxiiij. houres, accounting the night with all.

An artificial day, is the space of time which is between the rising and setting of the Sun.

An houre is the twenty fourth part of a day naturall.

And a minute is an houre divided into threescore parts.

A Geographical epitomie of the Map of England and WALES, wherein is shewed how each Shire is bounded and joyned to each other, and what Point of the Compas every County lyeth from the Honorable City of London; (being lately published,) the use of which, and the next Table, is explained on the backside of the other Leafe.

You may read (after the next leaf) the whole compasse, length, & breadth of England & Wales, with the chief Flands of note belonging to the same: Also the compasse, length, & breadth of Ireland: But for Scotland, it is hard to be measured, the Flands being so many, barren, and scattered, being above 300.

An

An Alphabeticall Catalogue of all the Shires, Cities, Market-Towns, Castles, Parishes, Rivers, and Parks, in every particular Shire in England and Wale; with the distance of miles, and points of the compas from London.

	Shires and Countries.	Miles.	Points of the Compas.	Cities.	Market Towns.	Castles.	Parishes.	Rivers.	Parks.
1	Bark shire	40	West	●	11	2	140	1	13
2	Bedford-shire	40	Nor. N. West	o	10	●	116		12
3	Buckingham-shire	35	No. We. by W.	o	11	o	185	2	15
4	Cambridge-shire	50	North	o	6	o	163	1	5
5	Cheshire	185	No. Westerly	1	9	3	68	9	18
6	Cornwall	200	We. by South	o	13	6	161	7	9
7	Cumberland	205	No. Westerly	o	8	15	58	20	84
8	Darby-shire	105	No. W. by No.	●	8	4	106	18	32
9	Devon-shire	155	We. by South	1	40	3	394	23	22
10	Dorset-shire	95	West So. West	o	15	6	248	4	11
11	Durham	180	Northerly	o	5	4	62	11	26
12	Essex	25	North-East	1	21	1	415	7	19
13	Glocster-shire	80	West by North	1	20	1	180	12	2
14	Hamp-shire	50	We. South-We.	1	18	5	248	4	22
15	Hartford-shire	25	North by West	o	18	o	120	1	27
16	Hereford-shire	100	West Nor. We.	●	8	7	176	13	8
17	Huntington-shire	50	North by South	o	5	1	78	1	7
18	Kent	26	South-East	2	17	8	398	6	20
19	Lancashire	153	No. We. by No.	o	8	6	36	33	23
20	Leicester-shire	72	No. We. by No.	1	11	2	200	1	13
21	Lincoln-shire	90	North by West	1	26	2	630	9	12
22	Middlesex	8	West & North	2	3	o	73	1	4
23	Northampton-shire	52	No. We. by No.	1	11	2	320	5	4
24	Nottingham-shire	95	Nor. No. West	●	11	o	168	5	8
25	Northumberland	210	Northerly	o	11	12	168	2	8
26	Norfolk	72	Nor. Nor. East	1	26	o	160	3	o
27	Oxford-shire	45	West Nor. We.	1	10	o	208	3	9
28	Rutland	70	Nor. Nor. We.	o	2	o	47	o	4
29	Shrop-shire	120	No. We. by W.	●	13	13	170	18	27
30	Somerset-shire	102	West by South	3	29	1	385	9	18
31	Stafford-shire	110	North-West	1	12	5	130	13	38
32	Suffolk	45	Nor. Ea. by No.	●	28	1	464	2	21
33	Sussex	25	South	1	18	1	312	2	23
34	Surrey	20	South So. West	o	7	o	140	1	17
35	Warwick-shire	75	North-West	1	12	1	158	7	16
36	Westmerland	185	Nor. Westerly	●	4	6	20	8	19
37	Wilt-shire	72	West	1	21	1	304	5	19
38	Worcester-shire	92	Nor. We. by W.	1	7	3	152	5	14
39	York-shire	145	Nor. by West	1	46	14	459	26	72
40	Angleſe	185	Westerly	o	3	●	83	8	
41	Brecknock-shire	130	West by North	o	3	4	70	27	o
42	Cardigan-shire	155	West Nor. We.	●	4	o	77	26	9
43	Carmarthin-shire	154	West by North	o	6	4	81	20	o
44	Carnarvan	175	No. We. by W.	●	5	3	78	17	2
45	Denbigh-shire	160	Nor. Westerly	o	3	3	53	24	o
46	Flint-shire	150	North-West	o	3	4	24	4	o
47	Glamorgan-shire	130	Westerly	●	7	12	151	16	1
48	Montgomer-shire	125	No. We. by W.	●	5	3	42	28	5
49	Monmouth-shire	100	West by North	●	6	7	143	15	1
50	Merionidth-shire	160	No. West by W	●	3	2	34	26	8
51	Pembrook shire	180	West by North	●	6	5	142	6	●
52	Radnor-shire	130	West N. W.	●	4	5	48	13	3

The Explanation & Vse of the former Map & Table.

FIrst for the Map: The figures in each shire of the map, are to shew you the names of every County, & the Letters in the same are for vses, as I will shew hereunder.

You must understand that London is in Middlesex, which County of Middlesex hath the figures of 22 in it, & the little black speck or spot therein signifieth London. Now if you would readily find the name of any Shire therein, and how many myles the middle of the said County (in a streight line) is from London, & what poynt of the Compasse it lyeth from the said City; resort then to the Table of Shires on the other side, and it will resolve you.

As for example, Barkshire it hath the figure of 1 in the map, & so it hath likewise in the Table; where is shewed that the middle or heart of that Shire is 40 myles from London in a streight line, & it lyeth full west from the City, and looking forward toward the right hand, it sheweth it hath no City, 11 Market-Townes, 2 Castles, 140 Parishes, 3 Rivers, & 13 Parks. Again Buckinghamshire hath the figure of 3 in the Map, & so it hath before it in the Table, the heart or middle of which shire is from London 35 myles, & lyeth North west & by west from the said City, it hath no City, 11 Market-Townes, no Castle, 185 Parishes, 2 Rivers, and 15 Parks; and so of the rest.

The use of the Letters in the Map is this, Scotl. signifieth part of Scotland, I part of Ireland, F part of France, M the Ile of Man, W the Ile of Wight, L the Lizard point, H Holy-head, the * the Irish Sea, B the British or English Sea, G the German Sea, Ba Barwick, D Dover, N Newcastle, C the poynts of Compasse, S the Scale of Myles, by which you may measure the distance of any place, for every black degree is five myles, & is every white.

The 39 Shires from Barshire to Yorkshire are the English shires, & the other 13 from Anglesey, to Radnorshire are Welsh.

It may be sometimes further in Myles to the middle of each shire, by reason of the crookednesse of the Highwayes, Hills, and vallies but what is here set down is meant in a streight line from London, as is said.

The

The Compaſſe, Length and Breadth of *England*, and the chiefe Ilands thereof.

ENgland is in compaſſe——————1532. miles.
The greateſt length thereof Northwards and Southwards, from Barwick to the Lands end, is—386. miles.
The ſhorteſt length from Barwick to Calſhot Caſtle in Hampſhire, is——————286. miles.
The broadeſt place from the Lands end to Sandwich, is——————279. miles.
From S. Davids in the Weſt in Pembrook-ſhire, through the midſt of Worceſter and Warwick-ſhire Eaſtward to Yarmouth in Norfolk, is——————240. miles.

The Ile of MAN.

The Ile of Man is in compaſſe——————91. miles.
The length is——————28. miles.
The breadth is——————18. miles.

The Ile of ANGLESEA.

The Ile of Angleſea is in compaſſe——————85. miles.
The length is——————21. miles.
The breadth is——————18. miles.

The Ile of WIGHT.

The Ile of Wight is in compaſſe——————57. miles.
The length is——————22. miles.
The breadth, is——————11. miles.

The Compaſſe, Length, and Breadth of IRELAND.

Ireland, reteſting the adiacent Ilands, and ſome Indraffs, is in compaſſe——————948. miles.
The length North and South, is——————303. miles.
The breadth Eaſt and Weſt, is——————113. miles.

The

The beginning, continuance, and ending of the Kings Reignes since the Conquest, with the time how long it is since, to this Yeare, 1651.

Being fit for Scriveners, and such as are imployed in Law causes.

The K. names.	Began his Raigne.	Raigned yea: mo: dayes.	Since their Raignes began
W: Con.	1066 Octo. 14	20 y.11 m.22 day	584 Octob. 14
W: Ruf.	1087 Septem. 9	12 y.11 m.19 day	564 Septem. 9
Henry 1	1100 Auguſt 1	35 y.4 m.11 day	550 Auguſt 1
Stephen.	1135 Decem. 2	18 y.11 m.19 day	516 Decem 2
Henry 2	1154 Octob 25	34 y. 9 m. 2 day	497 Octob. 25
*Richa.*1	1189 Iuly 6	9 y.9 mo.22 day	462 Iuly 6
K. John.	1199 Aprill 6	17 y.7 mo.0 day	452 Aprill 6
Henry 3	1216 Octob 19	56 y. 1 Moneth.	435 Octob.19
*Edwa.*1	1272 Nouem 16	34 y. 8 m. 9 day	381 Noue. 16
*Edwa.*2	1307 Iuly 7	19 y.7 m. 6 day	343 Iuly 7
Edwa 3	1326 Ianu. 25	50 y. 5 m. 7 day	325 Ianua. 25
*Richa.*2	1377 Iune 21	22 y.3 m. 16 day	374 Iune 21
Henry 4	1399 Septem 29	13 y.6 m. 5 day	252 Septe. 29
Henry 5	1412 March 20	9 y.5 mo. 24 day	239 March 20
Henry 6	1422 Augu. 31	38 y.6 m.18 day	229 Auguſt 31
*Edwa.*4	1460 March 4	12 y. 1 mo.8 day	191 March 4
*Edwa.*5	1483 Aprill 9	0y.2.mo.18 day	168 Aprill 9
*Richa.*3	1483 Iune. 22	2 y. 2. mo. 5 day	168 Iune 22
Henry 7	1485 Augu. 22	23 y.8 m. 19 day	166 Auguſt 22
Henry 8	1509 Aprill 22	37 y. 10 m. 2 day	142 April 22
*Edwa.*6	1547 Ianua. 28	6 y. 5 m. 19 day	105 Ianua. 28
Q. Mary	1553 Iuly 6	5 y. 4 m. 22 day	98 Iuly 6
Elizab.	1558 Noue. 17	44 y. 4 m. 15 day	93 Nouem. 17
K. Iam.	1602 March 24	22 y. 0 mo. 3 day	49 March. 24
*K. Cha.*1	1625 March 27	24 y. 10 m. 7 day	27 March. 27

Since the States Government, 2. y. Ianu. 30.

The

The explanation of the former Table.

NOte that every King began his raign, the same time that the next precedent King ended his.

If you desire to know how long it is since the beginning of the raign of any King. look how long it is since the ending of the precedent King, and there you shall find your request.

As for example: if you would know when King Henry the 8 began his raign, how long he raigned, & also how long it is since his raign: find out first his name amongst the names of the Kings, & serching the row towardes the right hand, you shall find he began his raign in the year 1509. the 22 of April, and under the title of the time that he reigned, is 37 yeares, 10 moneths & 2 dayes: And looking forward in the same row, where is 142 years, April 22 under the title of since his raigne began.

How to judg what Weather will follow, by the rising and setting of the Sunne.

THe Sun rising bright & clear, signifieth a pleasant day: If he rise fiery red, it promiseth rain: if in his rising he be thinly overcast with a cloud, it betokeneth foul wheather: if the sun drive the clouds before him into the West, it signifieth fair weather. if at his rising there appear circle about him, & banisheth away equally, it betokeneth fair weather. Also if he setteth red, it signifieth fair weather: If at his setting he be of divers colours, or signes like water, it threatneth rain. If at the rising of the Sun, his beame seem red or long, or encompassed with red clouds it signifieth great winds: if at his rising there appear a thick mist, or if it raineth in the evening, it threatneth very foul weather to follow. Also if the Sun beames be spotted either green, pale or black, or gathered to a

cloud it ſignifieth rain. The Sun ſetting clear without any cloud, ſignifieth a fair night to enſue. If the circle, or circles about the Sun be clear, & of no continuance, look for fair weather: If there be many circles, it ſignifieth winds: the redder they are, the more vehement winds. If the circles are here & there broken, & are thicks black look for cold wind or ſnow: or if he ſettle behind a great black cloud, rain follows.

How Weather is foreknown by the Moon.

If the Moon in the third day of her change, or three dayes before her full, or in the midſt of the quarter, be found of pure light, nothing compaſſing her, the ends direct up, ſhe promiſeth faire weather: but bent to red colour, provoketh winds. The Moon pale, or ſomewhat black or thick, threatneth rain. When the Moon is five dayes old, mark the typs of her horns, if they be blunt, it ſignifieth rain: if sharp pointed & pricking upwards, great winds. If in the fourth day after her change, ſhe have a red circle about her, it ſignifieth winds and rain.

Of the judgment of Weather by the Stars.

If the Stars appear of much light, and ſeem to be of more bigneſſe and blazing then ordinary, it betokeneth great windes and moyſture in that part where they ſeem ſo; and in Winter, great Froſts. When dim Stars appear with long fiery tayles, it threatneth winds, and great drought: the more in number, the greater will be the effect. Alſo when Starres ſeeme to ſhoot or fall, it ſignifieth great winds in that place: If they ſeem to ſhoot in divers places, it ſignifieth divers windes: If in all places, windes, thunder, lightning, and moſt tempeſtuous weather.

Certain

Certaine and ſhort Rules, for the comforting of the chiefe officiall Members of the Body of Man.

Things which are good to comfort the Head.

LIgnum Aloes, Marſoram, Galingale, Muske, Roſemary, Roſes, Camomell, Rue, Frankinſence, Nutmegs, Hyſop, Balme, Mints, Spike, and Gladen.

Things good for the Eyes.

Fennell, Verven, Cloves, Cold-water, Celendine, Eybright, Roſes, and Agrimony.

Things good for the Stomack.

Nutmegs, Cloves, Origanum, Coſtall, Saffron, Quinces, Wormwood, Olibanum, Agrimony, Fumatory, Maſtick, Lignum-Aloes, Spodium, and Coliander prepared.

This good for the Heart.

Saffron, Cloves, Cynamon, Mace, Nutmegs, Marſoram, Burrage, Bugloſſe, Roſemary, Mirabolanes, Pearles, Lignum-Aloes, Coſtall, Muske, and Setwell.

Things good for the Liver.

Liverwort, great Raiſons, Wormwood, Agrimony, Saffron, Cloves, Endive, Violets, Fennel, Plantine, Dragons, Roſe-water, Lettuce, Violets, Sanders.

Things good for the Lungs.

Licoris, Raiſons, Almons, Dates, Lungwort, Mayden-haire, Elicampane, Piſtaces, and Penedes.

Things hurtfull for the Body.

Meates hurtfull to the Teeth.

NUttes, Meats very hot, Warmed drink, Sweetmeats and drinks, Radiſh Rootes, Hard meates, Bitter meates, Milk, much Vomiting, Leeks, Fat of Fiſh, Colworts, and Lemmons.

Things hurtfull to the Eyes.

Garlick, Onions, Radiſh, Drunkenneſſe, Letchery, ſweet & thick Wines, ſalt meats, Colworts, all Pulſe, Muſt, Wine, Duſt, Smoak, Fire, and reading preſently after Supper.

Rules of Menſuration.

	doth containe
An Inch,	3 Barly corns laid end to end.
A Fingers breadth,	4 Barly corns in thickneſſe.
A Hand-breadth,	4 Fingers.
A Foote,	12 Inches.
A Yeard,	3 Feete.
An Ell,	5 Quarters of a yeard.
A Span,	3 Hand breadths.
A Foote,	4 Hand-breadths.
A Geometricall pace.	5 Feet.
A Fadome,	6 Feet, or 2 Yeards.
10 Fadome,	A ſcore of 20 Yeards.
A Furlong,	123 Paces.
Our Engliſh Furlong,	132 Paces, or 660 Feet. (half.
A Perch or Rod,	5 yeards & a half, or 16 feete & a
An Aeree,	160 Perches, 5280 paces, or 1640 fe.
A Leagne,	1500 Paces.
An Italian or Engl. mile,	8 Furl. or 1000 pac. or 5000 feet.
A German myle,	32 Furlongs.
A Score,	20 Yeards.
An Hundreth,	600 Feet, after 5 ſcore to the 100

Of the Weights of England.

We uſe commonly two kind of Weights, as Troy and Haberdepois: by Troy Weight we weigh Wheat, Bread, Gold, Silver, and ſuch like.

24 Grains of wheat dry	contains	One penny of Troy weight.
20 Pence,		One Ounce.
12 Ounces,		One Pound.

By Haberdepois is weighed all kind of Grocery, Whitall Drugs, and groſſe warres, as Pitch, Tar, Tallow, Flax, Iron, Lead, Copper, Alome, &c. And though this Pound be greater then the Troy, yet are the Ounces leſſe.

20 Grains of barley dry	contains	One ſcruple of Haberdepois
3 Scruples,		One Dramme.
8 Drammes,		One Ounce.
16 Ounces,		One Pound.
112 Pound,		100 Weight.
A Tunne,		20 Hundreth.

A Table to know how many Houres and Minutes the Moone ſhineth every Night in the Yeare.

The Age of the Moon Encreaſing.	The Houres and Minutes that ſhe ſhineth		The Age of the Moon decreaſing.
☽	*Houres.*	*Minutes.*	☾
1	0	48	29
2	1	36	28
3	2	24	27
4	3	12	26
5	4	0	25
6	4	48	24
7	5	36	23
8	6	24	22
9	7	12	21
10	8	0	20
11	8	48	19
12	9	36	18
13	10	24	17
14	11	12	16
15	12	0	15

The Moones Night ſhining.

The Moons Morning ſhining.

The uſe of this Table.

SEek the age of the Moon in the Almanack, then look the ſame in this Table, which you ſhall find either in the Increaſing or Decreaſing: and then in the middle Columnes you ſhall without further labour find the time of her ſhining.

As for example: upon the 14 of Ianuary, I would know how many houres and minutes the Moon ſhineth: I finde in the Almanack it is New Moon the 11 day, & reckoning from the next day to the 14 I find ſhe is three dayes old; then entring this Table, it ſheweth ſhe ſhineth two houres and 24. minuts; ſo doth ſhe likewiſe when ſhe 27. daies old, &c.

There

Of two Eclipses this Yeare 1651.

BOth these Eclipses are of the Sunne: The first happeneth upon Wednesday night being the 9. of April, and therefore cannot be seen by us of England; but to those in Virginia New England, Barbadoes, and other parts of the West-Indies it will be visible.

The second is upon Saturday the fourth of October, about two of the clock after noon, which may be seen by us in England, and other neighbouring Nations.

The Explanition of a new and easie KALENDER here following, for this present Yeare, 1651.

NOte that every Month containeth three Rowes or Columnes (the Figures for the number of Dates excepted) The first Columne toward the left hand containeth the Week Dates and Sunday Letter; the second the Signe wherin the Moon is every day. And the third the Changes & Quarters of the Moon. Note that the being thus O figured, doth signifie the New Moon; & placed this (way is the first Quarter: this ☽ the Full Moon: and again this) the last Quarter. Note also that the Figures over the head of the Moones doe signifie the hower of her Change, Full, or Quarters, and the Letters above or beneath, the time after noone, or after midnight, N standing After noone till Midnight and M for after Midnight till Noone.

As for example, against the 4. Day of January, being Saterday, I do find the Moon (or Signe) in ♎ Libra & is thus Icharactered, which is the Last Quarter, at 8. of the clock at night. Againe, on the 9. day of February, being Sunday, I do find the Moon in ♒ Aquarius, and is thus O charactered, which is the New Moon, at 11 of the clock in the morning, or after midnight; and so of the rest.

Note, also, that at the head of every month is placed the rising and setting of the Sun for the midst of every month: As for example, for the midst of January, the ☉ Sun riseth at 7. of the clock and 43 minutes; and setteth at 4, and 17 minutes, &c.

It also containeth (on the back side of the Leaf) for every month the Feastes both Moveable and Fixt, with the beginning and ending of every Terme: As Twelf day is on the 6. of January, Easter day is on the 30 of March. Whitsunday is on the 18. of May, Terme begins on the 12. of May, and endeth on the 30. of the same Moneth, &c.

briefe and easie Almanack for this Yeare 1651. which being cut out, is fit to be placed *into any Book of Accompts, Table book, or* other, conteyning the whole Kalender, in a short method; By **John White**.

Januar.	Febru.	March	April	May	June	July	Augu.
☉7.43 4.17.	☉6.46 5.15.	☉5 50 6. 10	☉4 51 7. 1	☉ 4 4 8 55.	☉3.47 8.13	☉4.12 7.48.	☉ 5.4 6.56.
a ♍	d ♎ at	d ♏	g ♑ at	b ♒ at	E ♈	g ♉	c ♊
b ♍ at	E ♏ 8	G ♏ at	a ♒ ☽	c ♓ ☽	f ♈	a ♉	d ♋
c ♎ 8	f ♏ ☽	♐ 5	b ♒ 11	d ♓ 5	g ♉	b ♊	E ♋
d ♎ ☽	g ♐ m	g ♐ ☽	c ♒ n	E ♈ m	a ♉	e ♊	f ♌ at
E m n	a ♐	a ♑ n	d ♓	f ♈	b ♊ at	d ♋ at	g ♌ 6
f m	b ♑	b ♑	E ♓	g ♈	c ♊ 12	E ♋ 3	a ♍ ☉
g ♐	c ♑ at	c ♒	f ♈ at	a ♉ at	d ♊ ☉	f ♋ ☉	b ♍ m
a ♐	d ♒ 11	d ♒	g ♈ 10	b ♉ 11	E ♋ n	g ♌ n	c ♍
b ♑ at	E ♒ ☉	E ♓ at	a ♈ ☉	c ♊ ☉	f ♋	a ♌	d ♎
c ♑ 1	f ♓ m	f ♓ 10	b ♉ n	d ♊ m	g ♌	b ♍	E ♎
d ♑ ☉	g ♓	g ♈ ☉	c ♉	E ♊	a ♌	c ♍	f m
E ♒ n	a ♈	a ♈ m	d ♊	f ♋	b ♌	d ♍	g m at
f ♒	b ♈	b ♉	E ♊	g ♋	c ♍ at	E ♎ at	a ♐ 3
g ♓	c ♈	c ♉	f ♊	a ♌	d ♍ 4	f ♎ 4	b ♐ ☾
a ♓	d ♉ at	d ♉	g ♋ at	b ♌ at	E ♎ ☾	g m ☾	c ♑ m
b ♈ at	E ♉ 6	E ♊	a ♋ 8	c ♌ 1	f ♎ m	a m n	d ♑
c ♈ 11	f ♊ ☾	f ♊ at	b ♌ ☾	d m ☾	g m	b ♐	E ♒
d ♈ ☾	g ♊ m	g ♋ 1	c ♌ n	E ♍ n	a m	c ♐	f ♒ at
E ♉ m	a ♊	a ♎ ☾	d ♍	f ♎	b ♐	d ♑	g ♓ 5
f ♉	b ♋	b ♋ m	E ♍	g ♎	c ♐	E ♑ at	a ♓ ●
g ♉	c ♋	c ♌	f ♍	a m	d ♑ at	f ♒ 9	b ♓ n
a ♉	d ♌	d ♌	g ♎	b m at	E ♑ 3	g ♒ ●	c ♈
b ♉	E ♌ at	E ♍	a ♎ at	c ♐ 8	f ♑ ●	a ♓ m	d ♈
c ♉ 4	f ♌ 9	f ♍ a	b ♍ 11	d ♐ ●	g ♒ m	b ♓	E ♉
d ♉ ●	g ♍ ●	g ♎ 11	c ♍ ●	E ♑ n	a ♒	c ♈	f ♑ at
E ♊ n	a ♍ m	a ♎ ●	d ♐ m	f ♑	b ♓	d ♈	g ♊ 6
f ♊	b ♎	b ♍ n	E ♐	g ♒	c ♓ at	E ♈ at	a ♊ ☽
g ♍	c ♎	c ♍	f ♑	a ♒ at	d ♈ 6	f ♉ 5	b ♊ n
a ♍		d ♐	g ♑	b ♓ 11	E ♈ ☽	g ♉ ☽	c ♋
b ♎		E ♐	a ♑	c ♓ m	f ♉ n	a ♊ m	d ♌
c ♎		f ♑	b ♒	d ♓ ☽		b ♊	E ♌

♈. Aries, ♉. Taurus, ♊. Gemini, ♋. Cancer, ♌ Leo, ♍. ♎. Libra, ♏. Scorpio, ♐. Sagitari, ♑. Capricorne, ♒. Aq rius, ♓. Piſces. The ○ New Moon. The ☾ Firſt Qu ter. The ● Full Moon. The ☽ Laſt Quarter.
And Ⓔ the Sunday Letter.

Day. M.	Sept. ⊙ 6. 4 5. 56.	Octob. ⊙ 7. 3 5. 57.	Nove. ⊙ 7. 3 4. 5.	Decem ⊙ 8. 3 3. 47.
1	f ♌	a ♍	b ♏ at	f ♐ at
2	g ♌ at	b ♎ at	Ⓔ ♏ 4	g ♑ ○
3	a ♍ 11	c ♎ 2	f ♐ ○	a ♑ 7
4	b ♍ ○	d ♎ ☉	g ♐ ☽	b ♒ n
5	c ♎ n	Ⓔ ♏ n	a ♑	c ♒
6	d ♎	f ♏	b ♑	d ♒
7	Ⓔ ♏	g ♐	c ♒	Ⓔ ♓ at
8	f ♏	a ♐	d ♒ at	f ♓ 11
9	g ♐	b ♑ at	Ⓔ ♓ 1	g ♈ ☾
10	a ♐ at	c ♑ 8	f ♓ ☾	a ♈ m
11	b ♑ 11	d ♒ ☾	g ♈ m	b ♉
12	c ♑ ☾	Ⓔ ♒ n	a ♈	c ♉
13	d ♑ m	f ♓	b ♈	d ♉
14	● ♒	g ♓	c ♉	Ⓔ ♊ at
15	f ♒	a ♈	d ♉ at	f ♊ 9
16	g ♓	b ♈ at	Ⓔ ♊ ●	g ♋ ●
17	a ♓ at	c ♈ 2	f ♊ ●	a ♋ n
18	b ♈ 2	d ♉ ●	g ♊ m	b ♋
19	c ♈ ●	Ⓔ ♉ n	a ♋	c ♌
20	d ♉ m	f ♊	b ♌	d ♌
21	● ♉	g ♊	c ♌	Ⓔ ♍
22	f ♉	a ♋	d ♌	f ♍
23	g ♋	b ♋	Ⓔ ♌ at	g ♍ pot
24	a ♊ at	c ♋ at	f ♍ 4	a ♎ 1
25	b ♋ 11	d ♌ 7	g ♍ ☽	b ♎ ☽
26	c ♋ ☽	Ⓔ ♌ ☽	a ♎ m	c ♏ m
27	d ♋ m	f ♌	b ♎	d ♏
28	● ♌	g ♍	c ♏	Ⓔ ♐
29	f ♌	a ♍	d ♏	f ♐
30	g ♍	b ♎	Ⓔ ♐	g ♑
31		c ♎		a ♑

The Feaſts Moveable, & moveable; with the Tearms

January.
New years d. 1
Twelf day 6
Term begin. 13

February.
Purif of Mary 2
Shrove ſun. 9
Terme ends 12
S. Mathias 24

March.
Annu. of Mar 25
Eaſter day 30

April.
Low Sund. 6
Term begin 16
Mark Eban. 24

May.
Phil. & Iacob. 1
Rogat. ſund. 4
Aſcent. day 8
Terme ends 12
Whit ſund. 18
Terme beg 30

June.
Terme ends 18
S. John Bap. 24
Peter Apoſt: 29

July
Dogdaies
James Ap

Auguſt
Barthol Ap
Dog da. en

Septembe
Mathew E
Michael A

October.
Luke Eban
Terme beg
Simon & Jud

Novembe
All Saints
Powderte
Terme ends
Andrew Ap
Advent. ſun

December.
S. Tho. Ap
Chriſts birt
S. Stephen
S. John
Innocents
FINIS